

Achieve Your Dreams with TLC

1:1 Goal Setting Package

Life Coaching supports for the goal setter in you

Have a professional goal?

Need help overcoming obstacles?

Need to know your strengths?

Have a personal goal or dream?

Don't know where to begin?

**Overwhelmed and need help
breaking it all down?**

Are these questions you are having right now about a personal or professional goal? Do you feel stressed when you want to feel excited? Our life coaches are here to take the stress out and help you achieve your dreams.

What we support you with as a Life Coach is:

- ❖ *Support in defining your ultimate goal*
- ❖ *Understand what your strengths and barriers may be*
- ❖ *Tools to help break down the goal to more achievable tasks*
- ❖ *Follow-up and feedback to keep you accountable*
- ❖ *A convenient and customizable workbook to keep you on track*
- ❖ *Typically, your coach would support you through approximately 4 sessions*
- ❖ *Costs start at as a little as \$350!*

Twin Life Coaching 
& BUSINESS SERVICES

www.twinlifecoaching.ca

If you would like more information on this unique goal setting package or any other support needs, please our coaches at info@twinlifecoaching.ca. or call Barb @ 226-218-1451 or Tara @ 519-731-6467.